

ADULTS

Blood pressure is measured as Systolic pressure over Diastolic pressure in mmHg, for example 120/80mmHg.

- ▶ **Low to normal blood pressure:**
generally less than 90/60mmHg
- ▶ **Normal blood pressure:**
generally between 90/60mmHg and 120/80mmHg
- ▶ **Normal to high blood pressure:**
generally between 120/80mmHg and 140/90 mmHg
- ▶ **High blood pressure:**
generally 140/90mmHg or higher

A reading of 180/110mmHg or higher is in the **very high** blood pressure range. You should consult your doctor in the next few days for professional medical advice.

Please note

Blood pressure in children tends to be in the lower ranges, while older people will often have blood pressure in the higher ranges.

Australian Health Survey



Your
measurements



Dear Participant

As part of today’s Australian Health Survey interview, we have taken some physical measurements, including your blood pressure. This valuable information will add to the overall picture of the health of Australians.

On the back of this card is a table to compare your blood pressure measurement with expected ranges. It is a guide only and is not a substitute for medical advice.

Please note that some people will have blood pressure results outside the normal range, but this may not mean you have a health problem. Your blood pressure reading is influenced by many factors including; your age, diet, exercise, if you are a smoker, the time of day, medications, alcohol and stress levels.

If you have any concerns please discuss them with your doctor.

Thank you for your participation

Date:

Name:

BLOOD PRESSURE
(Systolic/Diastolic)

_____ / _____ mmHg

BMI
Weight in kg/(Height in metres)²= BMI

= _____

WEIGHT (kg)

HEIGHT (cm)

WAIST (cm)

HIP (cm)